

Session Planner

Candidate Coach:		Date Produced:	
Coach Educator:		Time Available:	

Information on Players

Number of Players:		Age:		Ability Level:	
Medical Information:					
Particular Needs:					

Information on Facilities and Resources

Location:		Session Date:	
Facility Needs:			
Equipment Needs:			
Health & Safety issues:			
Action plan points from previous sessions:			

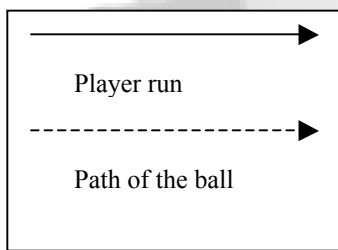
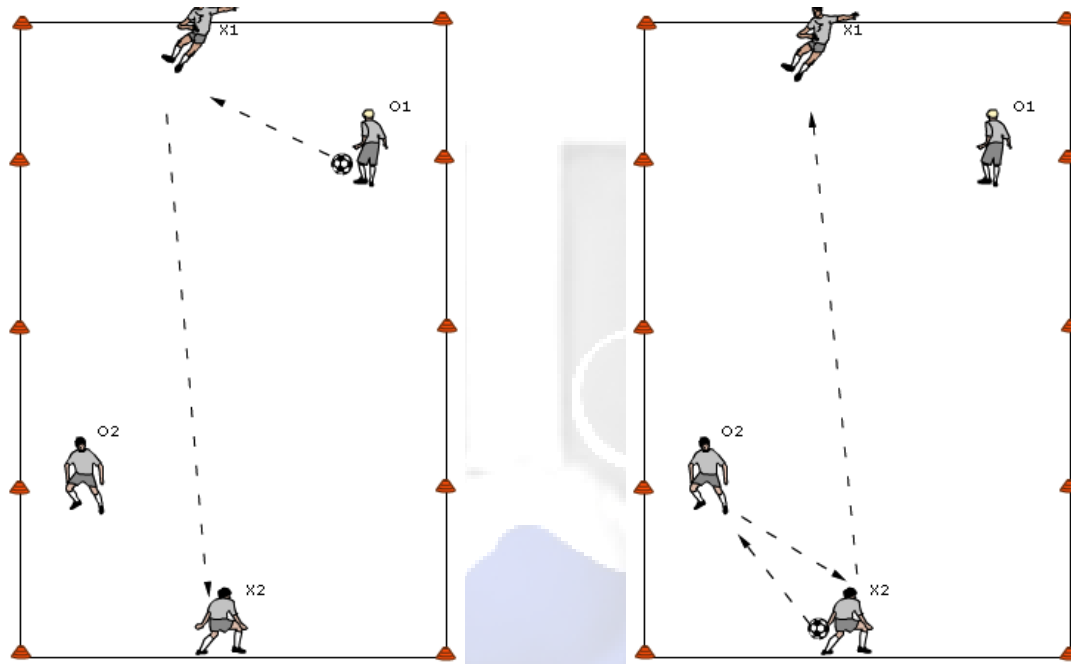
Session Plan

Session Aim:	Long Passing – Driven pass	
Session Type:	Functional Practice	
		Timings
Warm Up Activities:		
Cool Down Activities:		

Session Planner

Session Title:	Long Passing – Driven pass	Timings:
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40x10 yard grid with 4 players in each grid



O1 gives a short pass to X1 who strikes a low driven pass to X2.
X2 plays to O2 and so on.

Key Technical Aspects:

- Angles of approach
- Decision
- Body position
- Position of the planted foot
- Strike with laces
- Strike through the middle of the ball
- Keep head down
- Follow through in straight line